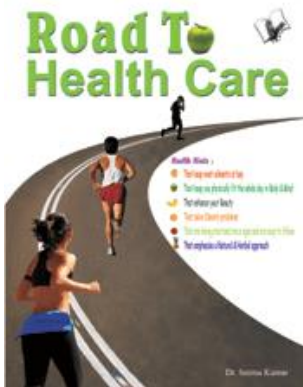




Road To Health Care



Author: Dr. Seema Kumar
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With ever-rising ground, water and atmospheric pollution, every other day one hears the name of a new disease.

In fact, ever since man began drifting away from Nature, he has been falling into the trap of a materialistic lifestyle that has desensitised him.

Today, we breathe air thick with exhaust fumes, eat processed junk food that has no nutritive value, drink toxic carbonated beverages and lead sedentary lives.

In fact, all of these have contributed to different kinds of problems for us at regular intervals.

This book shows you how to go back to Mother Nature to beat even the most troublesome and chronic ailments. With natural preventive measures that emphasise diet, exercise and herbal remedies, there are no fear of side-effects.

Whatever your problem...

diabetes, blood pressure, asthma,

acne, menopause, obesity, stomach ailments,

premature ageing or general complaints...

this book shows you a safe, natural and enjoyable means to overcome it. Most of the ingredients mentioned in the book are the kind available in home gardens or off the kitchen shelf.

The book also includes hints for different stages in life. A separate section deals with varied problems in-

a woman's life through adolescence,

pregnancy, lactation, menopause

and general ailments.

Once you have read this book from cover to cover, you need not rush to the doctor every now and then, but will be able to take care of your own and your family's health yourself.



Some Glimpses:

Chest Problems:

*People using garlic in the night with meals twice a week remain free from cold and cough.

*Honey helps in removing all extra secretions from the body.

*Chew black pepper kept in a large raisin(remove the seed from raisin).Cough gets cured within 5-7 days.

*For cough with sputum,mix one teaspoonful each of ginger juice and honey,and take regularly for 3-4 days.

Acidity:

*Take cow milk,pomegranate juice,grapes,fennel,Indian gooseberry(amla),figs and old rice.

*Cucumber juice cures acidity,if taken regularly.

*Avoid frequent use of aspirins or disprins.

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